



February 24, 2015

The Sampler is a monthly e-newsletter produced by the Volunteer Lake Assessment Program.

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### **Web Highlights**

This month's featured lake website is [Clough Pond Association](#) in Loudon, N.H.

[Maine VLMP Participating in Near Real-Time Lake Data Collection](#)

[Algal Virus Found Slowing Down the Brains of Humans](#)

### **Upcoming Events**

[2015 NEAEB/N.H. Water & Watershed Conference](#)

March 18-20, 2015  
Attitash Grand Summit Resort and Hotel  
Bartlett, NH 03812

[World Water Day Forum](#)

"What goes up, Must come down"  
Thursday, March 26, 2015  
6:00 - 8:00 p.m.  
Runnells Hall  
25 Deer Hill Rd.  
Chocorua, NH 03817

[Wild & Scenic Film Festival](#)

Hosted by: N.H. Rivers Council  
Friday, March 27, 2015  
Red River Theatres  
Concord, NH 03301

[2015 Lakes Congress](#)

Friday, May 29, 2015

## **Love Your Lake in 2015!**

It's hard to believe spring is around the corner, but alas, the days are getting longer and we are preparing for another summer of water quality monitoring of our lakes and rivers. February is a good time to reflect on how and why we love our lakes, and to start planning a "Love Your Lake" event in 2015. What do we truly love about our lakes, and how do we show them that they're loved? Here are my top ten:

1. **Dawn:** I love to listen to a lake wake up. There is a sense of peace and calm I feel when on a lake in the early morning.
2. **Algae:** I love algae. Okay, I'm an algae geek, I admit it. I will search shorelines, turn over rocks, scrape aquatic plant stems, and tow a plankton net so I can look at these plants under the microscope. They are beautiful and complex and make our lakes alive. I even love cyanobacteria, toxins and all.
3. **Loons:** I love loons, and to me they are beautiful, inquisitive and mesmerizing. They always come to watch what we're doing, diving to see what different piece of equipment we've lowered down into the lake, and maybe even to thank us for trying to make their home a better place.
4. **Paddle:** I love to paddle along a shoreline, in and out of the little nooks, coves and wetlands hoping to spy wildlife, but also just enjoying the rhythmic motion and lap of the water on the boat.
5. **Swim:** I never thought I would say this...I've always had a fear of swimming where I couldn't see what was below me. But I conquered my fear, and love swimming at dawn on a sparsely populated (the loon family being the main residents) lake.
6. **Respect:** I love to respect our lakes for the amazing ecosystems that they are and the services they provide us. I try to leave no trace of my presence or disturb the lake or its inhabitants while I'm there.
7. **Observe:** I love lakes by observing, watching how they breathe and live, how they interact with their inhabitants and residents, and how we interact with our lakes.
8. **Listen:** I love lakes by listening to what they're telling me. I learn this by pouring over years of data points, patterns and trends, and trying to understand each lake's story.
9. **Educate:** I love lakes by trying to educate lake users so our lakes can be preserved and loved by everyone.
10. **Love:** Simply put, I love lakes, and in many other ways and reasons not listed.

How do you love your lake? Send me your top five or ten reasons and I'll put them in upcoming issues of The Sampler. If you're

Church Landing at Mills Falls  
Meredith, NH

## **Grants**

[NH Charitable Foundation](#)  
Community Grants  
Various Deadlines

[Mascoma Savings Bank  
Foundation](#)  
Deadlines:  
Wednesday, April 1, 2015  
Thursday, October 1, 2015

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## **Limno Lingo**

**Foam:** Foam is the accumulation of tiny bubbles on the water's surface. These bubbles are made up of gases, the most common being oxygen from plant photosynthesis and gases released from decomposition of organic matter. When the surface tension of the water decreases, these bubbles can rise to the surface, and oxygen can also be mixed in from the air to create foam.

looking to share your love this summer, organize a "Love Your Lake" event, and let me know about it. It could be as simple as a shoreline clean-up, or group paddle, or maybe a bit more complex such as building a rain garden or planting shoreline vegetation, or maybe even a lesson in lake photography, or painting a lake's landscape. Turn your annual lake association meeting into a "Love Your Lake" event, after the business side of things is complete. Whatever the reason, love your lakes, in the best ways possible. To share your lake love, email me at [sara.steiner@des.nh.gov](mailto:sara.steiner@des.nh.gov)



## **Heads Up Professional Landscapers**

A new training opportunity is available for professional landscapers, built upon the University of New Hampshire Cooperative Extension's (UNHCE) previous *Landscaping at the Water's Edge* curriculum, to include design and installation of stormwater management practices suitable for small sites, such as rain gardens and dry wells, as well as drainage and site considerations. More information will soon be available at <http://extension.unh.edu/Sustainable-Landscapes-and-Turf/Landscaping-Waters-Edge> For more information on Soak Up the Rain NH, visit the program website at <http://www.soaknh.org>

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